



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

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## **Need to get rid of old medications?**

The communities below have permanent drop off sites for you to drop off your old or unwanted medications. Items accepted at all four sites without calling ahead are: Pills/Capsules (prescription and over the counter) and sealed medicine powder packets (please place packets in a sealed Ziploc bag)

**Platteville:** The Platteville Police Department at 164 North Fourth Street. The items below will be accepted 7 days a week/24 hours a day. Liquids, lotions, ointments, patches are accepted only if they are securely sealed in a Ziploc type bag, one bottle per bag. (608) 348-2313.

**Muscoda:** The Muscoda Police Department at 206 North Wisconsin Avenue. Medications can be dropped off whenever village hall is open. Call ahead to drop off liquids. (608) 739-3144.

**Lancaster:** Lancaster Police Department Lobby. Medication is accepted 7 days a week/24 hours a day. Drop off pills in their original containers (Hartig will shred all prescription bottles) or seal the pills in a ziploc bag. They will accept the items listed below and. Call ahead for liquids, lotions, ointments, and patches. Please securely seal these items in a Ziploc type bag, one bottle per bag. Questions call (608) 723-4188.

**Fennimore:** Memorial Building, 860 Lincoln Avenue. Medication accepted whenever Memorial Building is open. Call ahead for liquids. 608-822-3215.

### **THEY CAN NOT TAKE:**

Thermometers  
Inhalers  
Needles (sharps)  
Aerosol Cans

Hydrogen Peroxide  
Bloody or Infectious Waste  
Auto-Injectors



*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

## Dangerous Food Safety Mistakes

Some food safety mistakes can have dangerous results. Here are some common food safety mistakes that could cause serious illness.

### Mistake #1: Tasting to see if it's still good.

**Why:** You can't taste (or smell or see) the bacteria that cause food poisoning. Tasting only a tiny amount can cause serious illness.

**Solution:** Throw food out before harmful bacteria grows. Check a Safe Storage Times chart to be sure.

### Mistake #2: Not washing your hands.

**Why:** Germs on your hands can contaminate the food that you or others eat.

**Solution:** Wash hands for 20 seconds with soap and clean running water.



### Mistake #3: Putting cooked meat back on a plate that held raw meat.

**Why:** Bacteria from the raw meat can spread to the cooked meat.

**Solution:** Always use separate plates for raw meat and cooked meat, including poultry and seafood.

Source: [foodsafety.gov](http://foodsafety.gov)

For more information on eating healthy at home, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office, 723-2125.

**UW**  
**Extension**

## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**Jul 2nd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jul 7th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Jul 8th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Jul 15th**—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

**Jul 16th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jul 21st**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Jul 23rd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Jul 28th**—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

**Jul 29th**—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:  
**July 3, 2015**

# Beat the Heat

Warm temperatures combined with high humidity levels can pose a risk of heat-related illness and death. When the body cannot cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you know may experience a heat-related illness

## GET COOL OR GET HELP

### NOW IF YOU FEEL:

Dizziness | Headache | Muscle Cramps | Weakness | Nausea or Vomiting

# Call 9-1-1

## FOR THESE

## SYMPTOMS:

Hot, dry skin

Confusion

Unconsciousness

Chest Pains

Shortness of Breath

### Prevent Heat related illness:

- If you don't have air conditioning or can't afford to use air conditioning: Listen to the radio or contact the Health Department at 723-6416 to locate an air-conditioned shelter in your area
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor, and have someone do the same for you.
- Do not leave **anyone** - children, disabled individuals, pets - in cars for even a short time. Temperatures can rise to life-threatening levels in a matter of minutes.

Source: Wisconsin Department of Health Services

Home to more dairy farms than any other state, Wisconsin farmers are dedicated to making the best dairy products for everyone to enjoy. Not only do dairy products taste great, they are essential to a balanced diet.

Below is a recipe to help you enjoy dairy.

# Berry Oats Breakfast Smoothie

*Makes 3 1-cup smoothies*

## Ingredients

- 1 1/2 cups frozen mixed berries
- 1 cup reduced fat or skim milk
- 3/4 cup low-fat vanilla yogurt
- 1/4 cup quick cooking oats

## Directions

- Place all ingredients in blender.
- Cover and blend until smooth.
- Add additional milk, if needed, to achieve desired consistency.
- Transfer to thermos or cup.
- Shake or stir well before serving.



## Avoid Mosquito Bites

Mosquito bites can be more than just itchy and annoying. They can cause you to get sick. Mosquitoes can carry diseases including West Nile Virus, La Crosse Encephalitis and Eastern Equine Encephalitis. The most effective way to avoid these diseases is to prevent mosquito bites.

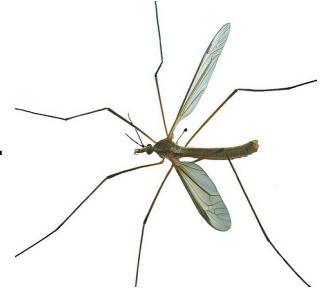
Use insect repellents when you go outdoors. Repellents containing DEET, picaridin, IR3535, and plant-based oil of lemon eucalyptus. For safety and effectiveness, follow label instructions.

When weather permits, wear long sleeves, long pants, and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with insect repellent will give extra protection.

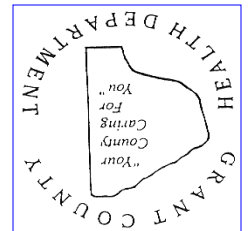
Peak mosquito biting hours are from dusk to dawn. If you are outside during this time, be sure to wear repellent and protective clothing.

Have good screens on your windows and doors to keep mosquitoes out.

Reduce the number of mosquitoes around your home by emptying standing water from flower pots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths every few days.



Want to learn more about repellents? CDC recommends a variety of safe and effective repellents for you and your family. To find out more see [www.cdc.gov/westnile/faq/repellent.html](http://www.cdc.gov/westnile/faq/repellent.html)



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